



## *X-Plain™* *Migraine Headache* **Reference Summary**

Headaches are a very common condition. They are one of the most common health complaints.

A migraine is a very specific type of headache. All headaches are not migraines.

This reference summary will help you understand what a migraine headache is and how migraines can be treated.

### **Typical Migraine Headaches**

Migraines usually start in childhood and may either get better or worse with age.

A migraine headache typically starts with some visual disturbances. The patient sees spots, dots, or even zigzag lines. These disturbances are called aura.

An aura is usually followed by a severe headache, usually on one side of the head only. A migraine headache is generally made worse by noise, light, and activity.

Migraine headaches may range in length from half an hour to several hours or even several days!

Nausea and vomiting may accompany a migraine headache.

### **Atypical Migraine Headaches**

Not all migraine headaches are typical. A good number of migraine headaches are atypical, meaning one or more elements of a typical migraine may not be present.

Atypical migraines may involve the whole head, instead of only one side.

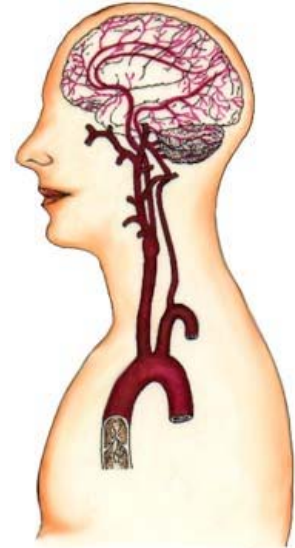
Some atypical migraines include short-lived but extreme neurological effects.

Atypical migraines can cause the patient to be paralyzed on one side of the body for a few minutes or longer.

Atypical migraines may cause visual changes, nausea, and vomiting but NO headache.

### **Causes**

The exact cause of migraine headaches is still unknown. Doctors believe that migraines start when blood vessels in the brain tighten up, or spasm.



A blood vessel spasm in the brain causes blood flow to decrease to parts of the brain. This reduction in blood flow is thought to cause visual changes and neurological effects.

After the spasm is gone, the blood vessels react and become wider, causing the severe headache.

Researchers do not know what causes these blood vessel changes. They may be the result of chemical imbalances in the brain.

### **Triggering Factors**

Certain events can trigger migraine headaches for certain people. When patients

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are aware of triggering factors, they should avoid them if possible.



In some patients, certain types of food or drink may trigger migraines. Examples of dietary triggers include

1. Chocolate
2. Cheese
3. Food additives such as MSG, found in some Chinese foods

Smoking and drinking alcohol are common triggers for migraines.

Certain medications may start migraine episodes as well.

Stress and being overweight can both contribute to migraine episodes.

### **Treatment**

There are 2 main ways to treat migraines.

1. Take medications that cause episodes to be shorter.
2. Take pills on a daily basis to reduce how often migraines occur.

Medications that cause migraines to last for a shorter period of time can be taken by injection, nasal spray, or by mouth.

Regular over-the-counter medication may be used also, such as Tylenol® or Advil®. Relaxation and a dark, quiet room can be combined with medicine to treat the headache.

If over-the-counter medications do not help, stronger prescription medications may be needed.

Some migraine headache medications may not be recommended for people with heart conditions or other medical conditions.

Since most migraine medications can have side effects, patients should follow-up regularly with their doctor.

### **Prevention**

Preventing migraines can be effective especially if triggering factors are known.

Not smoking, not drinking alcohol, and not eating certain types of cheese may also help reduce the number of migraines.

Staying relaxed, in shape, and not being overweight also helps to prevent migraines.

Migraines are fairly similar from episode to episode. If the nature of the attacks changes a doctor should be contacted because it may be a sign of a more serious type of headache.

### **Summary**

Migraines are a very common condition that sometimes runs in families.

Determining what triggers migraines in each specific case is extremely important in preventing them.

Fortunately, recent advances in medicine have discovered effective treatments for migraines.